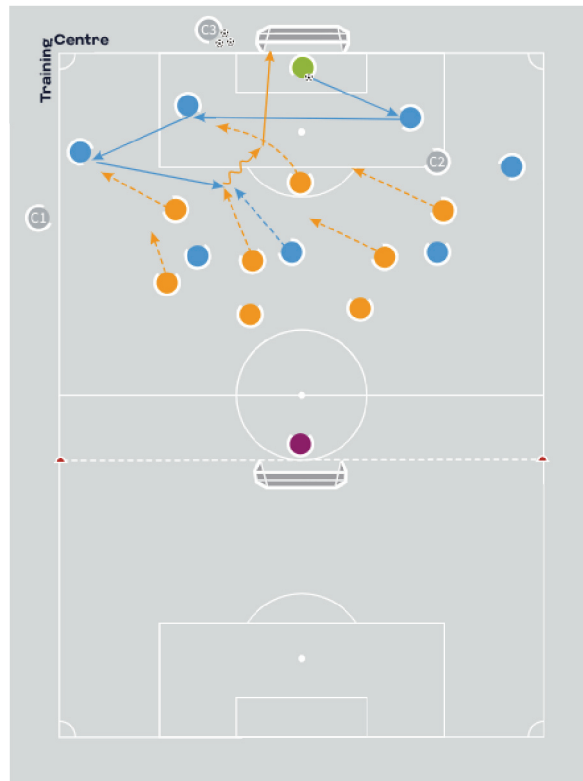


FIFA Talent Coach Programme

8v7 team game: Compact defending



Organisation

- Mark out a 60m x 40m exercise area.
- Position a full-size goal at each end of the exercise area.
- Place a goalkeeper in each goal.
- Split the group into 1 team of 7 (blues) and another of 8 (oranges).
- Arrange the blues in a 4-3 formation.
- Set the oranges up in a 2-3-3 system.

Explanation

- The exercise starts with the goalkeeper defending the blues' goal in possession.
- The blues try to build up from the back and score in the oranges' goal.
- The oranges press to win the ball. If they manage to do so, they attack the blues' goal.
- When a goal is scored or the ball goes out of play, play restarts from the goalkeeper defending the blues' goal.

Key coaching points

- Defending players on the ball-far side should make sure to close spaces on the inside.
- The pressing team must collectively recognise when to press and when not to press. An opponent receiving the ball facing their own goal, close to the touch-line represents a good opportunity to press. In this instance, as the first player jumps out to press team-mates should be quick to provide cover.
- Encourage the team playing out from the goalkeeper to spread out to increase the distances for the defending team to cover, making their task more difficult.

Roles of coaches

- First coach: explains the exercise and reminds players of their pressing responsibilities.
- Second coach: instructs and coaches players from their position inside the exercise area.
- Third coach: feeds balls to the goalkeeper and offers encouragement from their position beside the goal defended by the blues.